

Abstract

Title: Compensation possibilities of unilateral load in floorball.

Objectives: Search and analyze the available informations from Czech and foreign sources for muscle imbalances and compensatory exercises in relation to floorball.

Methods: The theoretic work processed by research of domestic and foreign literature.

Results: This work gives an overview of what muscle groups are suffering most due to shortening and weakening of unilateral load while playing floorball, which is necessary to focus on training and offers some observations from practice, what is good in the training process to include and what does not.

Key words: stretching, strengthening, release, compensatory exercises, muscle imbalance.